PRO·FORM 380i
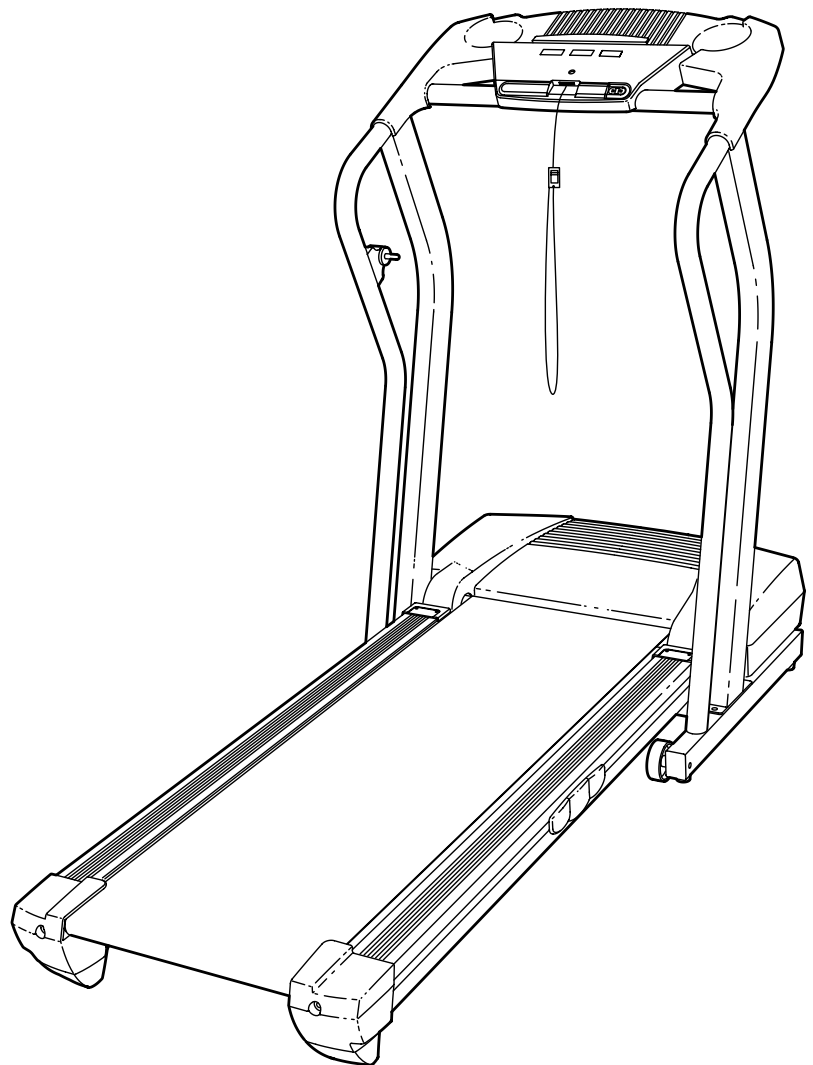
USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

1-888-936-4266

Mon.–Fri. 8h00 until 18h30 EST (excluding holidays).

⚠ CAUTION:

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Visit our website at

www.proform.com

TABLE OF CONTENTS

Note: An EXPLODED DRAWING and a PART LIST are attached in the center of this manual.

IMPORTANT PRECAUTIONS

⚠ **WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

2. Use the treadmill only as described.

3. Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

5. Do not operate the treadmill where aerosol products are used or oxygen is administered.

6. Keep children under the age of 12 and pets away from the treadmill at all times.

7. The treadmill should not be used by persons weighing more than 114 kg (250 lbs.).

8. Never allow more than one person on the treadmill at a time.

9. Wear suitable exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*

10. When connecting the power cord (see page 8), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.

11. Use only a CUL-listed surge suppressor of 450 joules minimum surge dissipation with voltage rating of 400 volts or less, rated at 15 amps, with a 1 mm² (14-gauge) cord of 1.5 m (5 ft.) or less in length. Do not use an extension cord.

12. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed or stop unexpectedly, which may result in a fall and serious injury.

13. Keep the power cord and the surge suppressor away from heated surfaces.

14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)

15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

17. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.

18. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. You must be able to safely lift 20kg (45 lbs.) to raise, lower, or move the treadmill.

19. When folding or moving the treadmill, make sure that the storage latch is fully closed.

20. When using iFIT.com CDs and videos, an electronic "chirping" sound will alert you when the speed of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed changes. In some instances, the speed may change before the personal trainer describes the change.

21. When using iFIT.com CDs and videos, you can manually override the speed setting at any time by pressing the speed buttons.
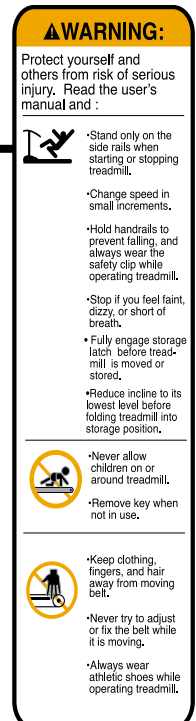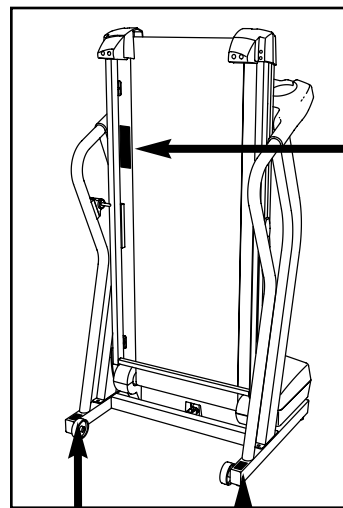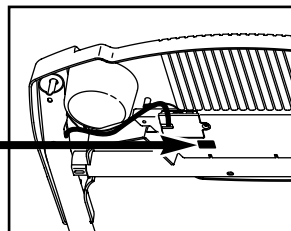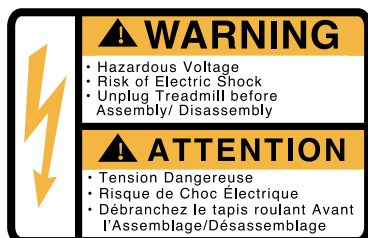
However, when the next "chirp" is heard, the speed will change to the next setting for the CD or video program.

22. Always remove iFIT.com CDs and videos from your CD player or VCR when you are not using them.

23. Inspect and properly tighten all parts of the treadmill regularly.

24. Never insert any object into any opening.

25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

26. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

⚠ **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decals shown have been placed on your treadmill. If a decal is missing or illegible, please call our Customer Service Department, toll-free, to order a free replacement decal (see page 23 of this manual). Apply the decal in the location shown. Note: The decals are not shown at actual size.

⚠ **WARNING**
• Hazardous Voltage
• Risk of Electric Shock
• Unplug Treadmill before Assembly/ Disassembly

⚠ **ATTENTION**
• Tension Dangereuse
• Risque de Choc Électrique
• Débranchez le tapis roulant Avant l'Assemblage/Désassemblage

⚠**CAUTION**
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION

⚠**ATTENTION**
GARDEZ VOS PIEDS ET VOS MAINS ÉLOIGNÉS DE CET ENDROIT QUAND LE TAPIS ROULANT EST EN MARCHE.

⚠**WARNING:**
Protect yourself and others from risk of serious injury. Read the user's manual and :

• Stand only on the side rails when starting or stopping treadmill.

• Change speed in small increments.

• Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.

• Stop if you feel faint, dizzy, or short of breath.

• Fully engage storage latch before treadmill is moved or stored.

• Reduce incline to its lowest level before folding treadmill into storage position.

• Never allow children on or around treadmill.

• Remove key when not in use.

• Keep clothing, fingers, and hair away from moving belt.

• Never try to adjust or fix the belt while it is moving.

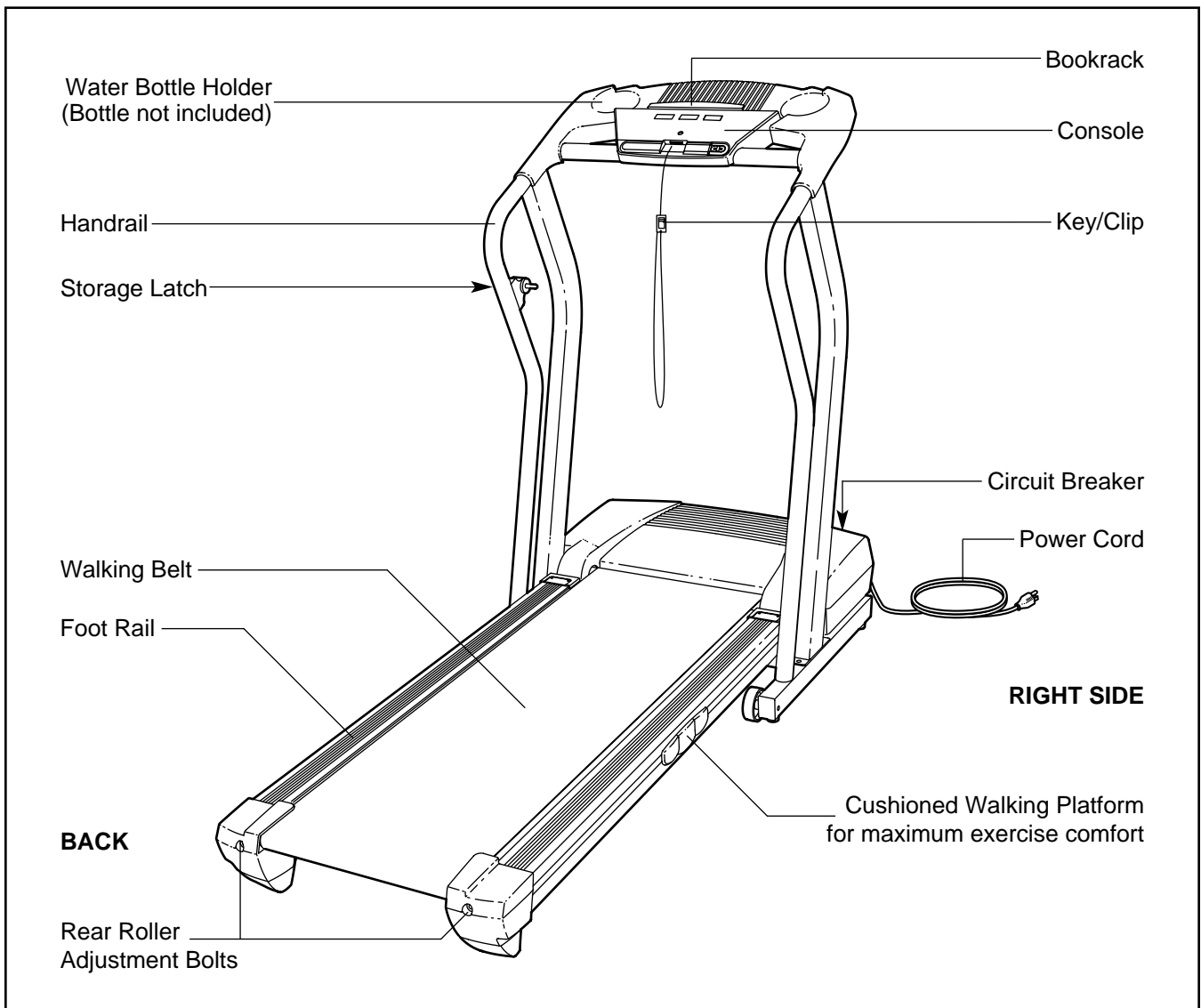• Always wear athletic shoes while operating treadmill.

BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 380i treadmill. The 380i treadmill combines advanced technology with innovative design to help you get the most from your exercise program in the convenience and privacy of your home. And when you're not exercising, the unique 380i treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department at

1-888-936-4266, Monday through Friday 8h00 until 18h30 Eastern Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PCTL49820. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).
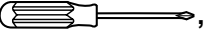
Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

Bookrack

Water Bottle Holder
(Bottle not included)

Console

Handrail

Key/Clip

Storage Latch

Circuit Breaker

Power Cord

Walking Belt

Foot Rail

RIGHT SIDE

BACK

Cushioned Walking Platform
for maximum exercise comfort

Rear Roller
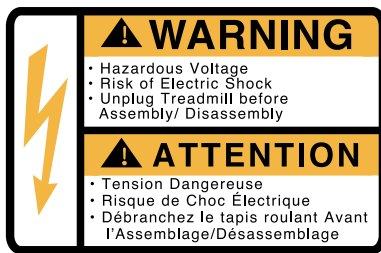Adjustment Bolts

ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed.

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included allen wrenches and your own **phillips screwdriver**, **adjustable wrench**, **wire cutters**, **and needlenose pliers**.

To identify small parts during assembly, use the PART IDENTIFICATION CHART in the center of this manual.

1. **Make sure that the power cord is unplugged.**

   ⚠ WARNING
   • Hazardous Voltage
   • Risk of Electric Shock
   • Unplug Treadmill before Assembly/ Disassembly

   ⚠ ATTENTION
   • Tension Dangereuse
   • Risque de Choc Électrique
   • Débranchez le tapis roulant Avant l'Assemblage/Désassemblage

   With the help of a second person, carefully tip the treadmill onto its left side as shown. Partially fold the Frame (86) so that the treadmill will be more stable. **Do not fully fold the treadmill until it is completely assembled.**

   Attach four Base Pads (57) (three are shown) to the bottom of the Base (69) with four 1" Tek Screws (58) (three are shown).
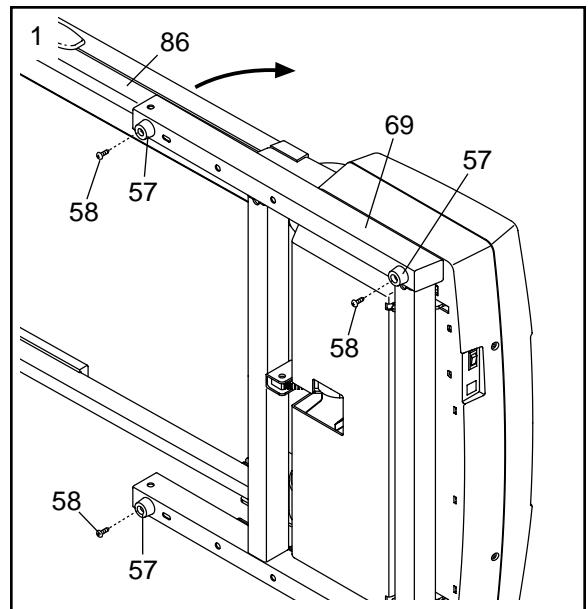
2. Hold an Upright (73) near the Base (69), **with the bend in the Upright in the position shown.** Straighten the Wire Harness (42), and feed it into the lower end of the Upright and out of the upper end.

   Insert two 2 1/2" Bolts (37) with 3/8" Star Washers (38) into the Upright (73) and the Base (69) as shown; **be careful not to damage the Wire Harness (42).** Firmly tighten a Nut (13) onto each Bolt.

   Attach the other Upright (73) as described above. Note: There is not a wire harness on the left side.

5
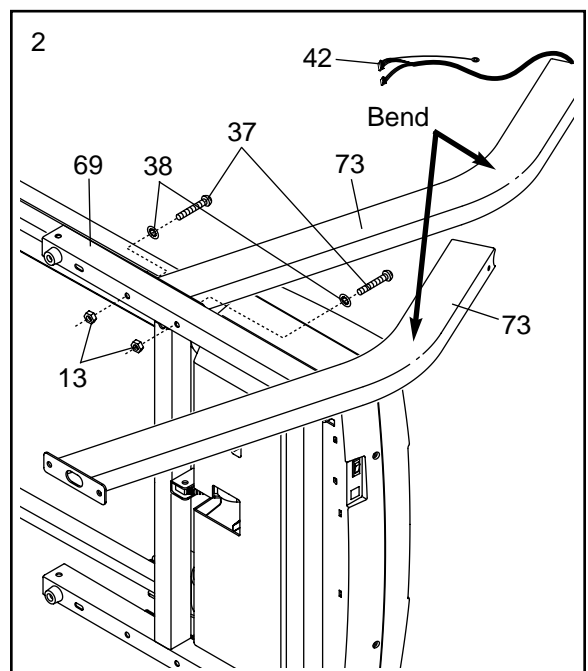
3. With the help of a second person, raise an Upright (73) to the vertical position.

   Identify the Right Handrail (72), which has a large hole in the left side. Feed the Wire Harness (42) up into the bracket on the Right Handrail and out of the large hole in the left side. Note: It may be helpful to use needlenose pliers to pull the Wire Harness out of the large hole.
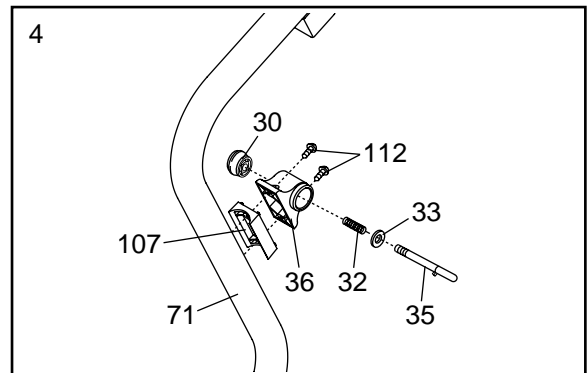
   Insert the bracket on the Right Handrail (72) into the top of the Upright (73). Attach the Right Handrail with a 1" Bolt (63) and a Flat Washer (76). **Do not tighten the Bolt yet.**
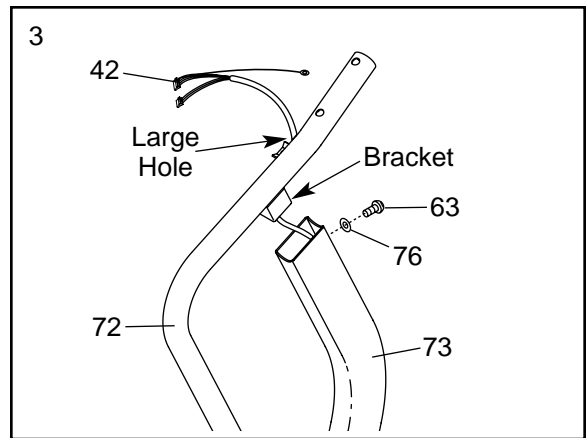
4. Attach the Storage Latch (36) and the Latch Spacer (107) to the Left Handrail (71) with two 1" Latch Screws (112).

   Remove the Latch Knob (30) from the Latch Pin (35). Make sure that the Latch Pin Collar (33) and the Spring (32) are on the Latch Pin as shown. Insert the Latch Pin into the Storage Latch (36) and tighten the Latch Knob back onto the Latch Pin.

   Attach the Left Handrail (71) to the Upright (not shown) as described in step 3.

5. Set the Crossbar (40) on the brackets on the Handrails (71, 72). Attach the Crossbar with two Crossbar Screws (39). **Do not tighten the Crossbar Screws yet.**

   Attach the end of the ground wire to the small hole in the side of the Right Handrail (72) with a Silver Ground Screw (77).

6. Place the Console Base (47) on the Right Handrail (72) and the Left Handrail (not shown). Attach the Console Base with six 3/4" Screws (2) (two Screws are shown). **Do not overtighten the Screws.**

   Insert the Wire Harness (42) through the two indicated plastic ties on the Console Base (47). Next, **touch the Right Handrail (72) to discharge any static.** See the inset drawing. Find the 3-wire connector on the end of the Wire Harness (42). Insert the connector into the red socket beneath the console. **The connector should slide easily into the socket and snap into place.** If the connector does not slide easily and snap into place, turn the connector and then insert it. Insert the 5-wire connector into the black socket beneath the console in the same way.

   Make sure that the connectors and wires appear as shown at the right. **IF THE CONNECTORS ARE NOT INSERTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

   If you plan to use iFIT.com CDs or videocassettes, or programs from our Web site (see page 13), plug the Audio Cable (56) into the jack on the back of the Console (43).
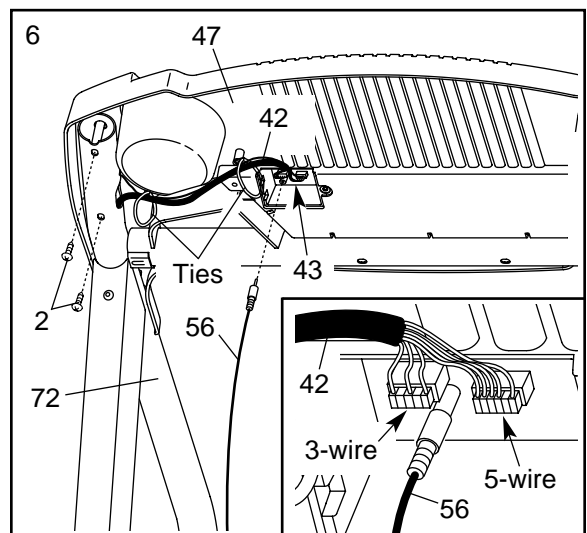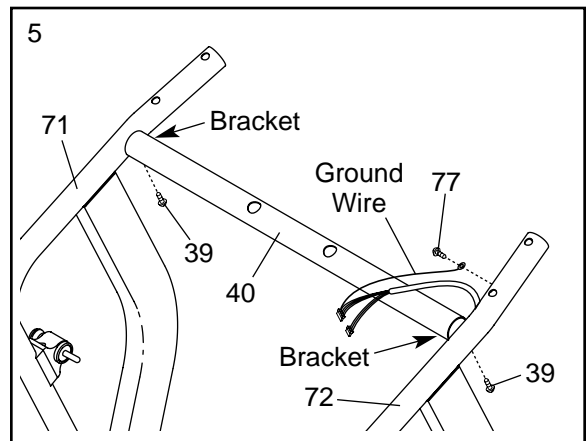
7. Insert the excess Wire Harness (42) into the large hole in the side of the Right Handrail (72). **Securely tighten the plastic ties on the bottom of the Console Base (47) to prevent the Wire Harness from slipping.** Then, cut off the ends of the plastic ties.

Route the Wire Harness (42) through the indicated opening in the Console Base (47). If you connected the Audio Cable (56) in step 5, route it through the slot in the Wire Cover (44). Attach the Wire Cover to the Console Base with a 1/2" Silver Screw (49).
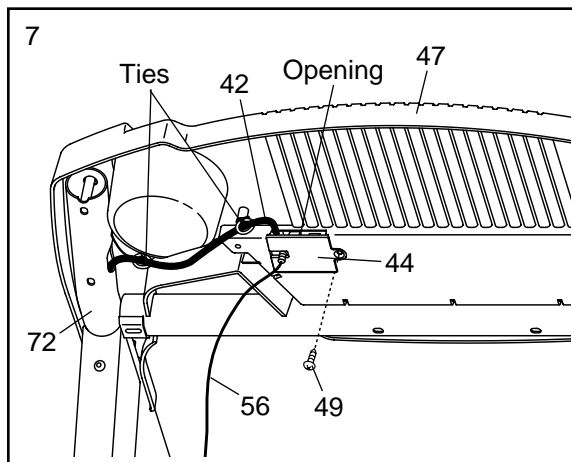

8. Attach a Wheel (66) to the inner side of the Base (69) with a Wheel Bolt (64) and a Wheel Nut (109) as shown. **Do not overtighten the Wheel Nut.** The Wheel should be able to spin freely.

Attach a Wheel (66) to the other side of the Base (69) in the same way.
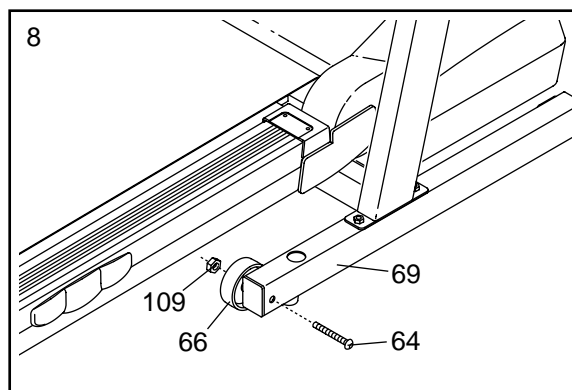
9. Lower the Handrails (71, 72) to the floor. Align the Right Handrail (72) with the indicated hole in the Base (69). Finger tighten a 3 1/2" Bolt (61) with a 5/16" Washer (48) into the Base and the Right Handrail. Attach the Left Handrail (71) in the same way. **Make sure that the Frame (86) is centered between the Handrails. Firmly tighten the 3 1/2" Bolts (61) and the 2 1/2" Bolts (37).**

See step 3. **Firmly tighten the 1" Bolts (63).** Then, raise the Handrails (71, 72).
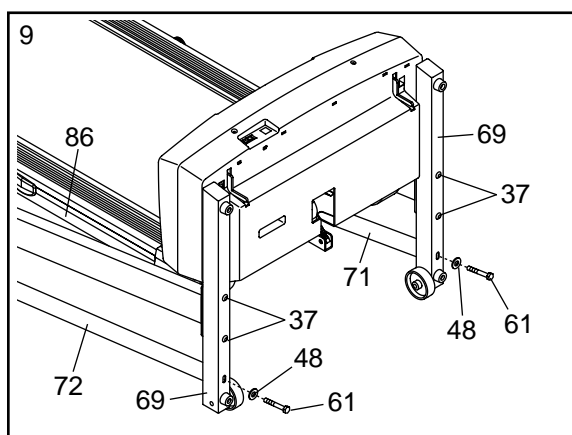
10. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included allen wrenches in a secure place. The large allen wrench is used to adjust the walking belt (see page 21). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or service-man if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge sup-pressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indi-cate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed or stop unexpect-edly, which may result in a fall and serious injury.

This product must be grounded. If it should malfunc-tion or break down, grounding provides a path of least resistance for electric current to reduce the risk of elec-tric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding
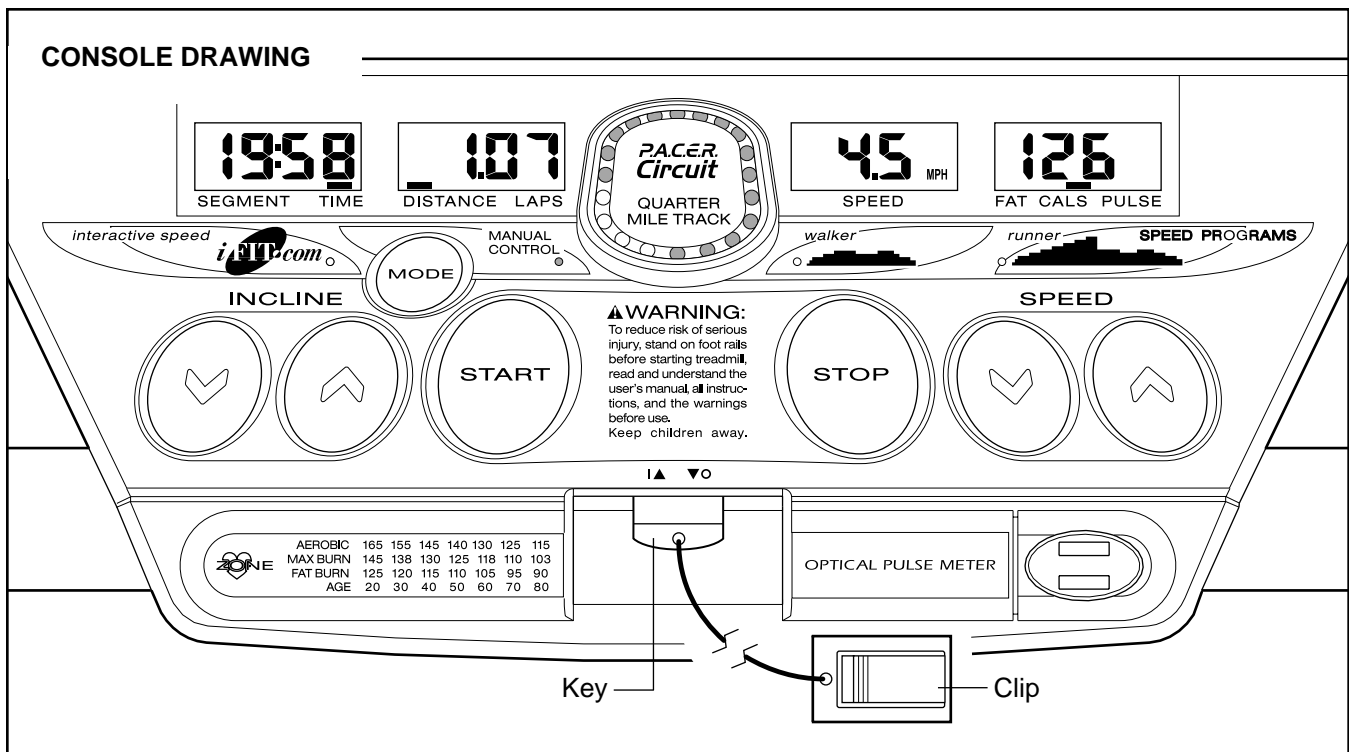
plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illus-trated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.
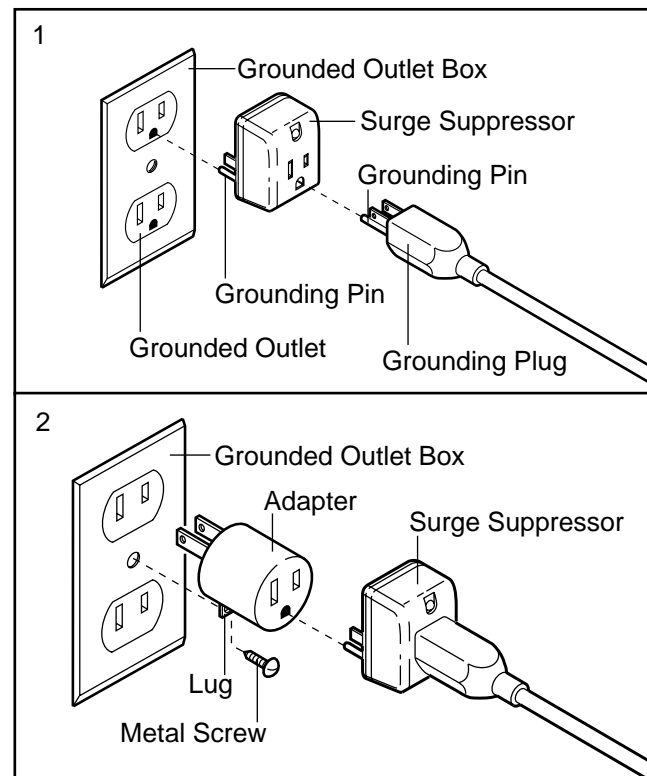
The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified elec-trician to determine if the outlet box cover is grounded before using an adapter.**

CONSOLE DRAWING

19:58
SEGMENT TIME

1.07
DISTANCE LAPS

P.A.C.E.R.
Circuit
QUARTER
MILE TRACK

4.5 MPH
SPEED

126
FAT CALS PULSE

interactive speed   iFIT.com

MANUAL
CONTROL

walker

runner

SPEED PROGRAMS

INCLINE   MODE

⚠WARNING:
To reduce risk of serious
injury, stand on foot rails
before starting treadmill,
read and understand the
user's manual, all instruc-
tions, and the warnings
before use.
Keep children away.

SPEED

START   STOP

I▲   ▼O

	AEROBIC	165	155	145	140	130	125	115
ZONE	MAX BURN	145	138	130	125	118	110	103
	FAT BURN	125	120	115	110	105	95	90
	AGE	20	30	40	50	60	70	80

OPTICAL PULSE METER

Key — Clip

⚠ CAUTION: Before operating the console, read the following precautions.

- **Do not stand on the walking belt when turning on the power.**

- **Always wear the clip (see the drawing above) while operating the treadmill.**

- **Adjust the speed in small increments in order to avoid sudden jumps in speed.**

- **To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.**

FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to help you get the most from your exercise. When the manual mode of the console is selected, the speed of the treadmill can be changed with a touch of a button. As you exercise, the track and the four displays will provide continuous exercise feedback. You can even measure your heart rate using the chest pulse sensor.

The console also features iFIT.com interactive technology. Having iFIT.com interactive technology is like having a personal trainer in your home.
Using a stereo audio cable (available at electronics stores), you can connect the treadmill to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and videocassette programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and videocassette programs automatically control the the treadmill and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs and videocassettes, visit our Web site at www.iFIT.com.**

With the treadmill connected to your computer, you can also go to our Web site at www.iFIT.com and access programs directly from the internet. **Explore www.iFIT.com for more information.**

To use the manual mode of the console, follow the steps beginning on page 10. **To use iFIT.com CD or video programs**, refer to page 15. **To use iFIT.com programs directly from our Web site**, see page 17.
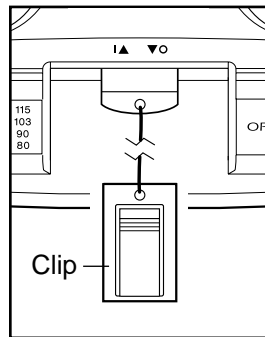
HOW TO TURN ON THE POWER

Note: If there is a thin sheet of clear plastic on the console, remove the plastic.

1 Plug in the power cord (see page 8).

2 Locate the circuit breaker on the front of the treadmill near the power cord. Make sure that the breaker is in the reset position.

Reset
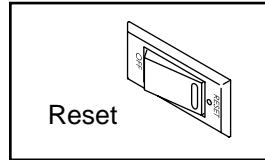
3 Stand on the foot rails of the treadmill. Find the clip attached to the key, and slide the clip onto the waistband of your clothes. Next, insert the key into the console. After a moment, the displays and various indicators on the console will light. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**

Clip

HOW TO USE THE MANUAL MODE

1 **Insert the key fully into the console.**

See HOW TO TURN ON THE POWER above.

2 **Select the manual mode.**

When the key is inserted, the manual mode will automatically be selected and the Manual Control indicator will light. If a program has been selected, press the Mode button repeatedly to select the manual mode.

3 **Press the Start button or the Speed △ button to start the walking belt.**

A moment after the button is pressed, the walking belt will begin to move at 1.0 mph. Hold the handrails and begin walking.

As you exercise, change the speed of the walking belt as desired by pressing the Speed buttons. Each time a button is pressed, the speed will change by 0.1 mph. If a button is held down, the speed will change in increments of 0.5 mph.
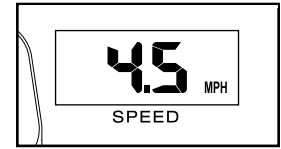
To stop the walking belt, press the Stop button. The Time display will begin to flash. To restart the walking belt, press the Start button or the Speed △ button.

Note: During the first few minutes that the treadmill is used, inspect the alignment of the walking belt. Align the walking belt if necessary (see page 21).

4 **Change the incline of the treadmill as desired.**

To change the incline of the treadmill, press either of the Incline buttons until the desired incline level is reached.

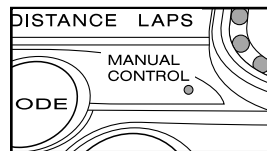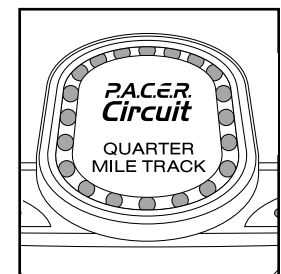**5** **Follow your progress with the LED track and the four displays.**

The LED Track—The LED track represents a distance of 1/4 mile (400 m). As you exercise, the indicators around the track will light, one at a time, until you have completed 1/4 mile. A new lap will then begin.

Time display—When the manual mode or the iFIT.com mode is selected, this display will show the elapsed time. When a workout program is selected, the display will show the time remaining in the program and the time remaining in the current segment of the program. The display will alternate between one number and the other every few seconds, as shown by the indicators in the display.
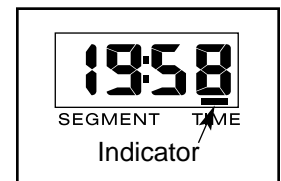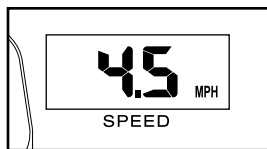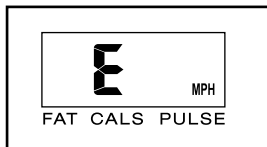
Distance/Laps display—This display shows the distance that you have walked or run and the number of 1/4-mile laps you have com-

pleted. The display will alternate between one number and the other every few seconds, as shown by the indicators in the display.
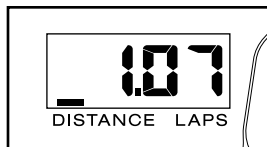
Speed display—This display shows the speed of the walking belt.

Note: The console can display speed and distance in either miles or kilometers. The letters "MPH" or "KPH" will appear in the Speed display to show which unit of measurement is selected. To change the unit of measurement, hold down the Stop button, insert the key into the console, and continue to hold the Stop button for a moment. An "E" for English miles or an "M" for metric kilometers will appear in the Fat Calories/Calories/ Pulse display. Press the

Speed △ button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it.
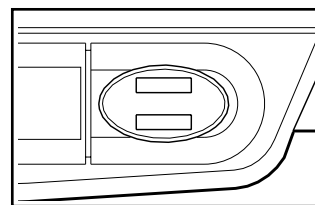
Fat Calories/Calories/ Pulse display—This display shows the approximate numbers of *fat calories* and *calories* you have burned (see FAT

BURNING on page 22). The display will alternate between one number and the other every few seconds, as shown by the indicators in the display. The display will also show your heart rate when you use the pulse sensor (see step 6).

6 Measure your heart rate, if desired.

To measure your heart rate, stand on the foot rails and place your thumb on the pulse sensor. **Do not press too hard, or the circulation in your**

thumb will be restricted and your pulse will not be detected. After a few seconds, the heart-shaped indicator in the Fat Calories/Calories/ Pulse display will begin to flash, one or two dashes (– –) will appear, and then your heart rate will be shown. Hold your thumb on the pulse sensor for about 15 seconds for the most accurate reading.

If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb off the pulse sensor for a few seconds. Then, place your thumb on the pulse sensor as described above. Remember to stand still while measuring your heart rate.

7 When you are finished exercising, remove the key.

Step onto the foot rails, press the Stop button, and adjust the incline of the treadmill to the lowest level. **The incline must be at the lowest level when the treadmill is raised to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put the key in a secure place.

When you are finished using the treadmill, move the on/off switch near the power cord to the off position.
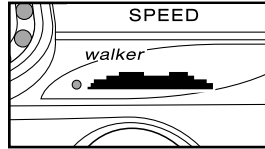
HOW TO USE A WORKOUT PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on 10.

2 Select one of the workout programs.

When the key is in-
serted, the manual
mode will be selected.
To select a workout pro-
gram, press the Mode
button repeatedly until
the Walker indicator or the Runner indicator lights.

When a workout program is selected, the maxi-
mum speed setting for the program will flash in
the Speed display for a few seconds. The Time
display will show how long the program will last.
Note: The profiles beside the Walker and Runner
indicators show how the speed of the treadmill will
change during the workout programs.

**3 Press the Start button or the Speed △ button to
start the program.**

A moment after the button is pressed, the tread-
mill will automatically adjust to the first speed set-
ting for the program. Hold the handrails and begin
walking.

Each program is divided into several time periods
of different lengths. One speed setting is pro-
grammed for each period. (The same speed set-
ting may be programmed for consecutive periods.)
When only three seconds remain in the first period
of the program, a series of tones will sound. If the
speed of the treadmill is about to change, the
Speed display will flash to alert you, and then the
treadmill will automatically adjust to the speed set-
ting for the second period.

The program will continue in this way until no time
remains in the Time display. The walking belt will
then slow to a stop.

During the program, the incline of the treadmill
can be adjusted with the Incline buttons. If the
speed setting for the current period is too high or
too low, you can manually override the setting by
pressing the Speed buttons on the console.
However, **when the next period begins, the
treadmill will adjust to the next speed setting
for the program.**

To stop the program, press the Stop button. The
Time display will begin to flash. To restart the pro-
gram, press the Start button or the Speed △ but-
ton. To end the program, press the Stop button,
remove the key, and then reinsert the key.

**4 Follow your progress with the LED track and
the four displays.**

See step 5 on page 10.

5 Measure your heart rate if desired.

See step 6 on page 11.

**6 When the program ends, remove the key from
the console.**

When the program ends, **make sure that the
treadmill is at the lowest incline level.** Next, re-
move the key from the console and put it in a
secure place.

When you are finished using the treadmill, move
the on/off switch near the power cord to the off
position.

HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CDs, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 13 and 14 for connecting instructions. **To use iFIT.com video-cassettes**, the treadmill must be connected to your VCR. See page 15 for connecting instructions. **To use iFIT.com programs directly from our internet site**, the treadmill must be connected to your home computer. See page 14 for connecting instructions.
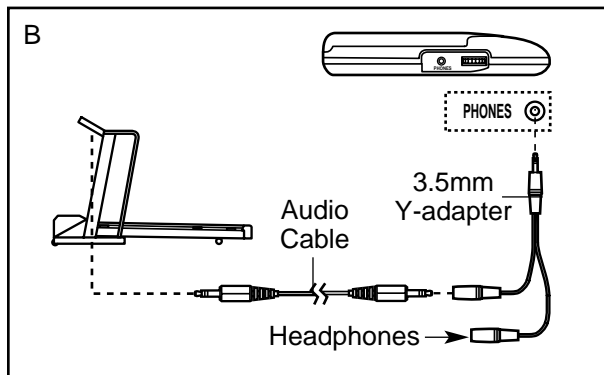
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.
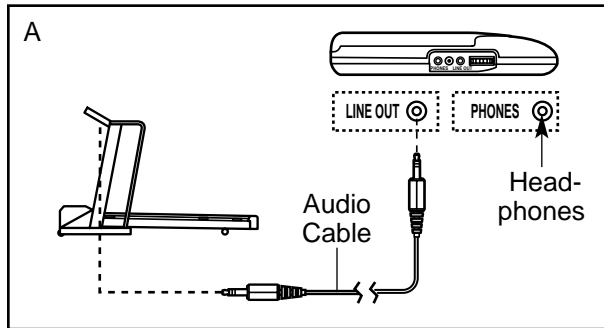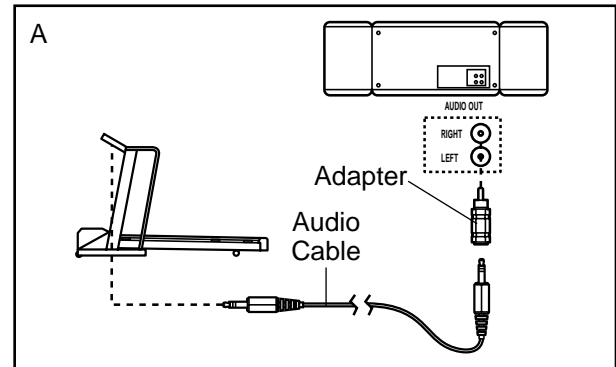

B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.
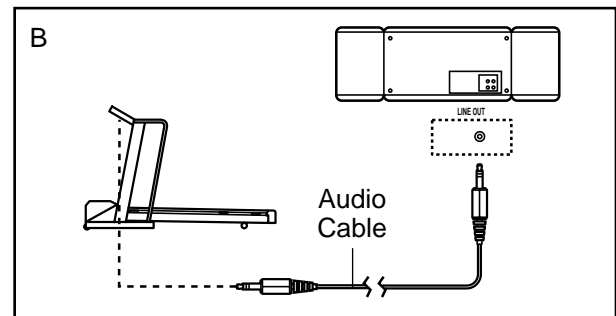

HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.
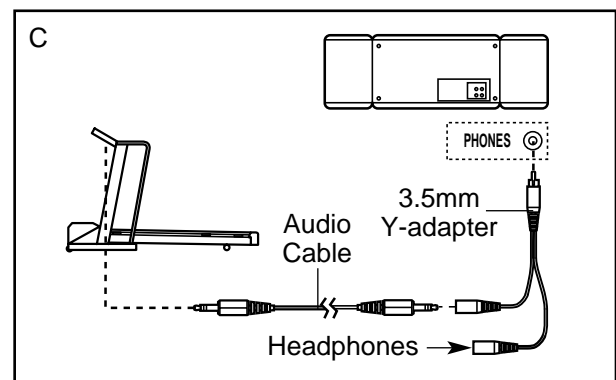
A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the included adapter. Plug the adapter into an AUDIO OUT jack on your stereo.

B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo.
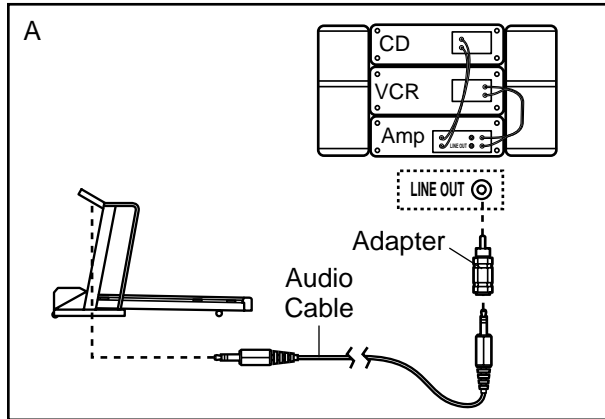

C. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.
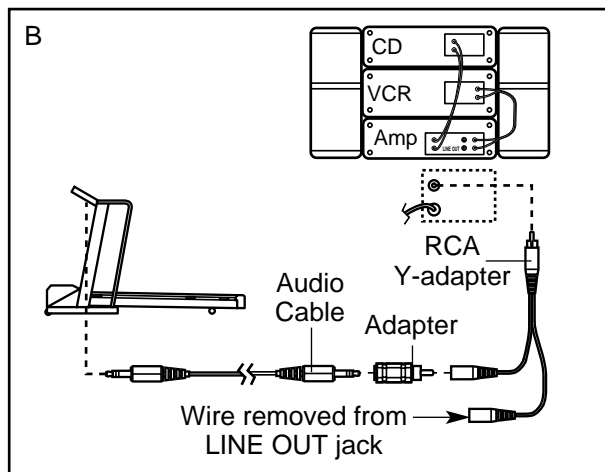
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the included adapter. Plug the adapter into the LINE OUT jack on your stereo.
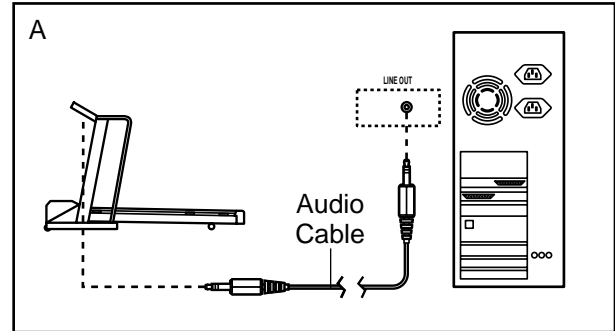

B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo.

HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 3.5mm LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your computer.

B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.
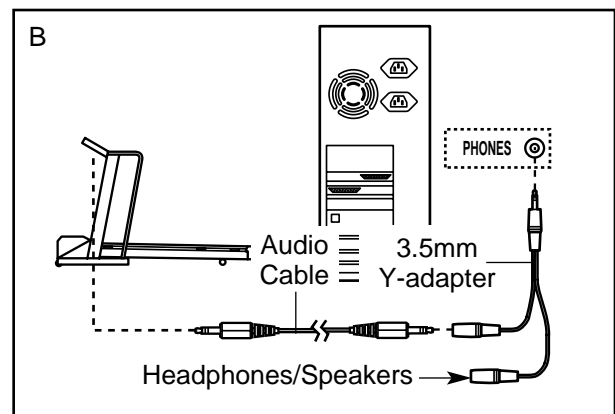
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 14.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the included adapter. Plug the adapter into the AUDIO OUT jack on your VCR.

B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.

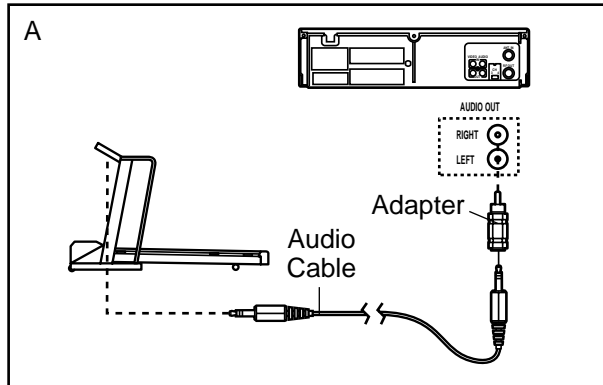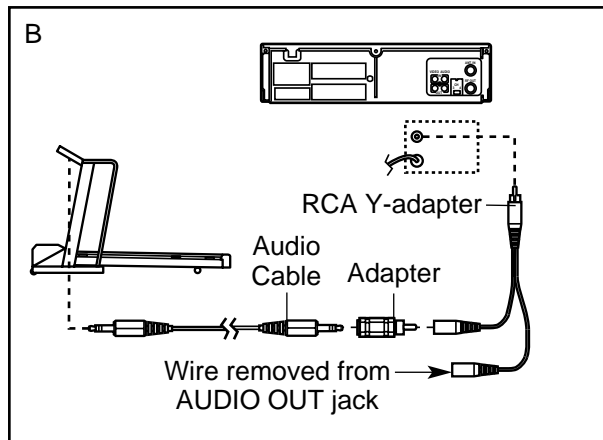To use iFIT.com CDs or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER on page 13. **Note: To purchase iFIT.com CDs or iFIT.com videocassettes, call toll-free 1-888-936-4266.**
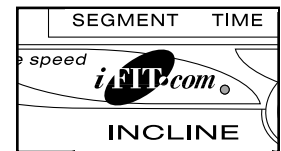
Follow the steps below to use an iFIT.com CD or video program.

1 **Insert the key fully into the console.**

See HOW TO TURN ON THE POWER on page 10.

2 **Select the iFIT.com mode.**

When the key is inserted, the manual mode will automatically be selected. To use an iFIT.com CD or video program, press the Mode button repeatedly until the iFIT.com indicator lights.

3 **Insert the iFIT.com CD or videocassette.**

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 **Press the PLAY button on your CD player or VCR.**

A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the Time display is flashing, press the Start button or the Speed △ button on the console. The treadmill will not respond to a CD or video program when the Time display is flashing.

During the CD or video program, an electronic "chirping" sound will alert you when the speed of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed changes. In some instances, the speed may change before the personal trainer describes the change.**

If the speed setting is too high or too low, you can manually override the setting at any time by pressing the Speed buttons on the console. However, **when the next "chirp" is heard, the speed will change to the next setting for the CD or video program.**

To stop the walking belt at any time, press the Stop button on the console. The Time display will begin to flash. To restart the program, press the Start button or the Speed △ button. After a moment, the walking belt will begin to move at 1.0 mph. **When the next "chirp" is heard, the speed will change to the next setting for the CD or video program**.

When the CD or video program is completed, the walking belt will stop and the Time display will begin to flash. Note: To use another CD or video program, press the Stop button or remove the key and go to step 1 on page 15.

Note: If the speed of the treadmill does not change when a "chirp" is heard:

• **Make sure that the iFIT.com indicator is lit and that the Time display is not flashing. If the Time display is flashing, press the Start button or the Speed △ button on the console.**

• **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**

• **Make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**

• **If you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

5 Follow your progress with the LED track and the four displays.

See step 5 on page 10.

6 Measure your heart rate if desired.

See step 6 on page 11.

7 When the iFIT.com CD or video program ends, remove the key.

See step 6 on page 12.

CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player or VCR when you are finished using them.

Our Web site at www.iFIT.com allows you to access basic programs, audio programs, and video programs directly from the internet. Additional options are soon to be available. See www.iFIT.com for details.

To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 14. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our Web site.
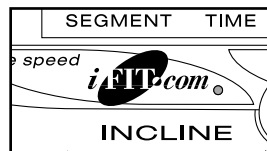
Follow the steps below to use a program from our Web site.

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 10.

2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected and the manual indicator will light. To use a program from our Web site, press the Mode button repeatedly until the iFIT.com indicator lights.

3 Go to your computer and start an internet connection.

4 Start your Web browser, if necessary, and go to our Web site at www.iFIT.com.

5 Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

7 Return to the treadmill and stand on the foot rails. Find the clip attached to the key, and slide the clip onto the waistband of your clothes.

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking.

During the program, an electronic "chirping" sound will alert you when the speed of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed changes.**

If the speed setting is too high or too low, you can manually override the setting at any time by pressing the Speed buttons on the console. **However, when the next "chirp" is heard, the speed will change to the next setting for the program.**

To stop the walking belt at any time, press the Stop button on the console. The Time display will begin to flash. To restart the program, press the Start button or the Speed △ button. After a moment, the walking belt will begin to move at 1.0 mph. **When the next "chirp" is heard, the speed will change to the next setting for the program**.

When the program is completed, the walking belt will stop and the Time display will begin to flash. Note: To use another program, press the Stop button and go to step 5.

Note: If the speed of the treadmill does not change when a "chirp" is heard, make sure the iFIT.com indicator is lit and the Time display is not flashing. In addition, make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.

8 Follow your progress with the LED track and the four displays.

See step 5 on page 10.

9 Measure your heart rate if desired.

See step 6 on page 11.

**10 When the program ends, remove the key.**

See step 6 on page 12.

HOW TO FOLD AND MOVE THE TREADMILL
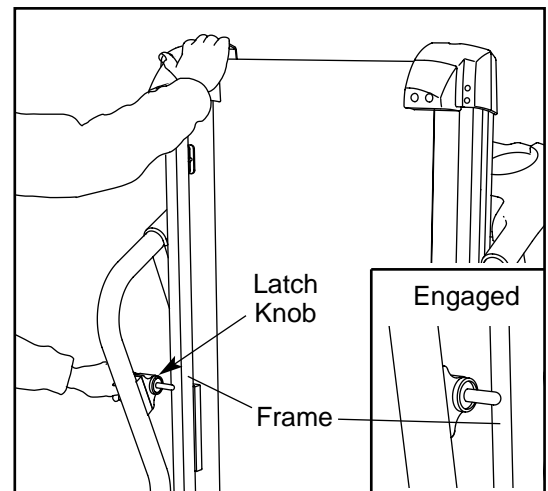
HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, unplug the power cord. **CAUTION: You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.**

1. Hold the treadmill with your hands in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.
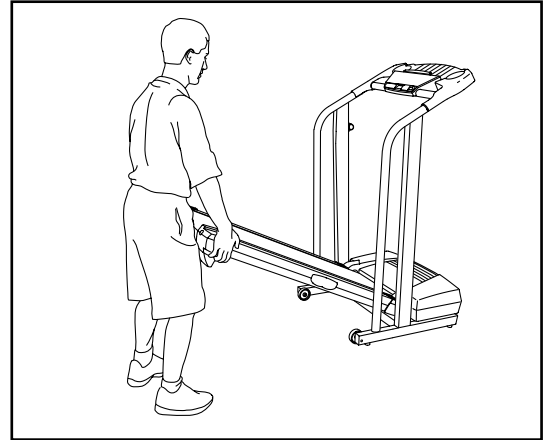
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the treadmill until the frame passes the latch pin. Slowly release the latch knob. **Make sure that the frame is securely held by the latch pin.**

    To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° C (85° F).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the frame is securely held by the latch pin.**

1. Hold the upper ends of the handrails. Place one foot on the base as shown.

2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.
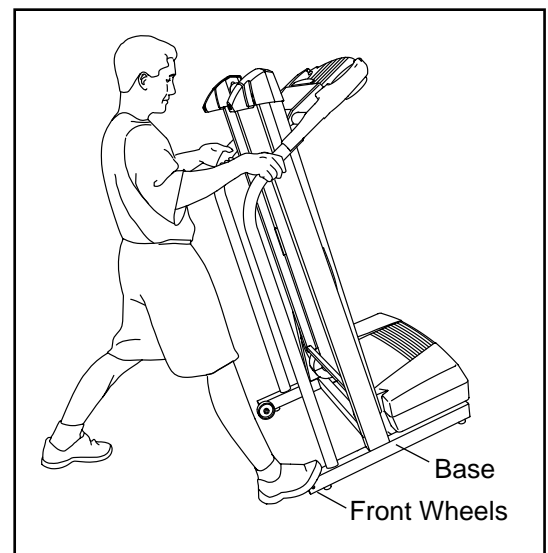
HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Pivot the treadmill down until the frame is past the latch pin. Slowly release the latch knob.

Latch Knob

Engaged
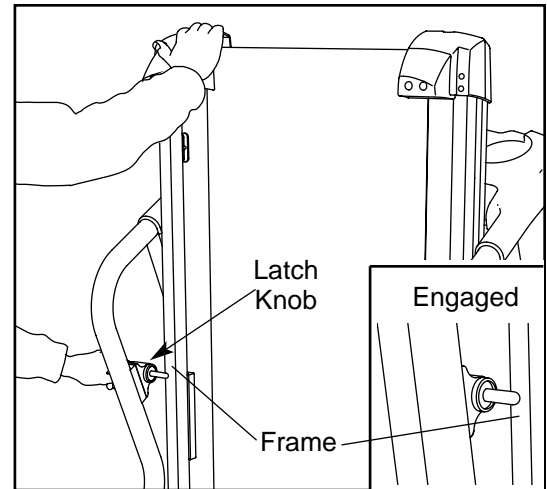
Frame

2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill frame to the floor. To decrease the possibility of injury, bend your legs and keep your back straight.**
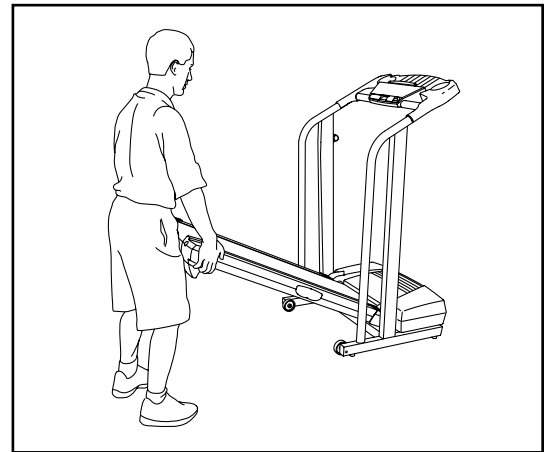
TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday, 8h00 until 18h30. Eastern Time (excluding holidays).

PROBLEM: The power does not turn on

**SOLUTION:** a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 8). Use only a single-outlet surge suppressor that meets all of the specifications described on page 8. Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

Tripped Reset
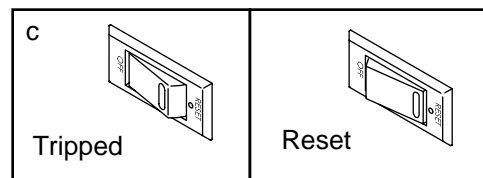
PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key fully into the console.

d. If the treadmill still will not run, please call our Customer Service Department toll-free.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the six 3/4" Screws (2) from the hood, and carefully pivot the Hood (1) off.
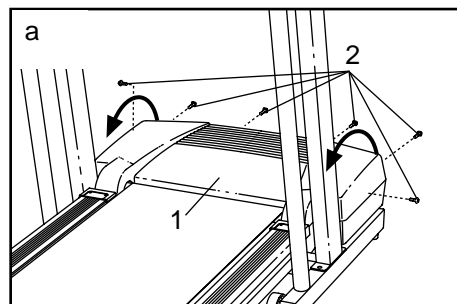
Locate the Reed Switch (10) and the Magnet (18) on the left side of the Pulley (17). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 0.3 cm (1/8 in).** If necessary, loosen the Screw (26) and move the Reed Switch slightly. Retighten the Screw. Re-attach the Hood, and run the treadmill for a few minutes to check for a correct speed reading.
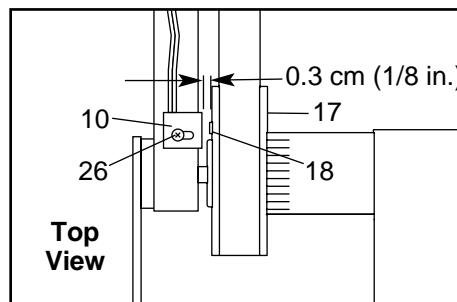
PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 8.

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove 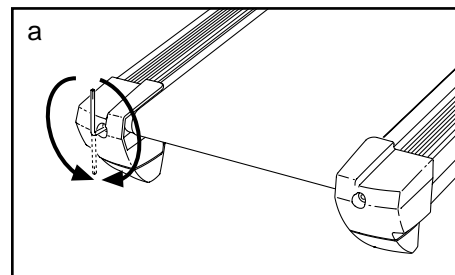the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 5 to 8 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
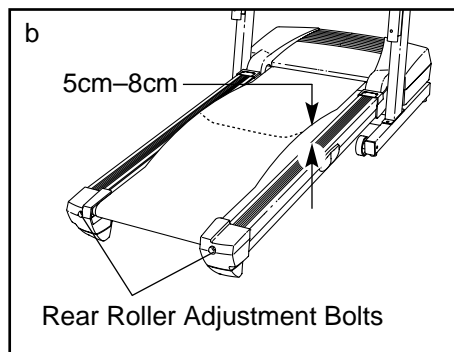
c. If the walking belt still slows when walked on, call our Customer Service Department toll-free.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.

b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 5 to 8 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
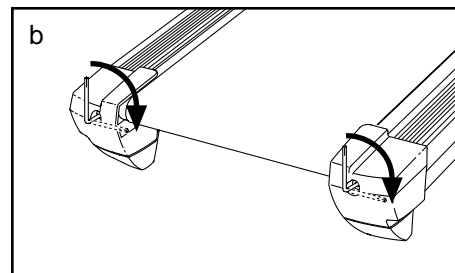
CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.
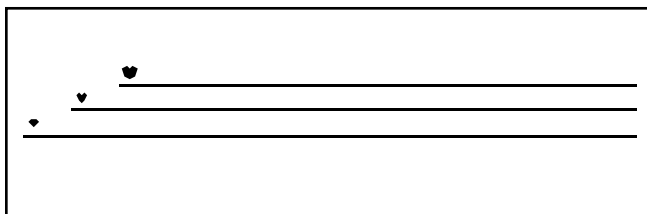
To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

To measure your heart rate during exercise, use the pulse sensor. If your heart rate is too high or too low, adjust the speed and incline of the treadmill.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

ORDERING REPLACEMENT PARTS

To order replacement parts, call toll-free 1-888-936-4266, Monday through Friday 8h00 until 18h30 Eastern Time (excluding holidays). When ordering parts, please be prepared to give the following information:

• The MODEL NUMBER OF THE PRODUCT (PCTL49820)

• The NAME OF THE PRODUCT (PROFORM® 380i treadmill)

• The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)

• The KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the EXPLODED DRAWING and PART LIST attached in the center of this manual)

<div style="border:1px solid black; display:inline-block; padding:4px; text-align:center;">

**PLACE
STAMP
HERE**

</div>

ICON of Canada Inc.
900 de l'Industrie
St-Jérôme, Québec
Canada, J7Y 4B8

LIMITED WARRANTY

ICON OF CANADA, INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from province to province or so specified by the retailer of your equipment.

ICON OF CANADA, INC., 900 de l'Industrie, St. Jerôme, QC J7Y 4B8

✂

ICON **WEIDER** **PRO·FORM** **WESLO**
of/du Canada Inc.

PRODUCT WARRANTY REGISTRATION

IMPORTANT: MAIL WITHIN 14 DAYS OF PURCHASE

NAME: _____ PHONE: _____

ADDRESS: _____

COUNTY: _____ POSTCODE: _____

MODEL NO.: _____ SERIAL NO.: _____ PURCHASE DATE: _____

RETAILER NAME: _____ RETAILER ADDRESS: _____

1) Primary user(s) of product:
   ❏ Male   ❏ Female   ❏ Family

2) Age of primary user:
   ❏ 0–24   ❏ 35–44   ❏ 55–64
   ❏ 25–34   ❏ 45–54   ❏ 65 and over

3) Annual household income:
   ❏ 0–9,999   ❏ 15,000–19,999
   ❏ 10,000–14,999 ❏ 20,000+

4) How many times a week do you exercise?
   ❏ Less than 3 times   ❏ 3 times or more

5) Have you ever purchased an ICON product before?
   ❏ Yes   ❏ No

6) Where did you first see or hear about ICON products?
   ❏ Magazine   ❏ Friend/relative
   ❏ Newspaper Ad   ❏ Store
   ❏ Other

7) What was the primary reason for purchasing this ICON product?
   ❏ Store Employee   ❏ Television Ads   ❏ Colour
   ❏ Electronic Features ❏ Magazine Ads   ❏ Price
   ❏ Product Design   ❏ Product Innovation
   ❏ Other Features

8) Did you consider purchasing fitness equipment from another manufacturer?
   ❏ No   ❏ Yes
   What other Manufacturer? _____

9) Based on your impression of what you have purchased, would you buy another ICON product?
   ❏ Yes   ❏ No   ❏ No Opinion
   If not, what other brand name equipment would you purchase?
   _____

10) What other type of exercise equipment do you own?
    ❏ Bicycle   ❏ Exercise Cycle   ❏ Treadmill
    ❏ Home Gym   ❏ Weight Bench   ❏ Stepper
    ❏ Cardio Glide ❏ Other

11) Which type of magazines do you read regularly?
    ❏ Sports   ❏ Fitness   ❏ Motoring
    ❏ Business   ❏ Computer   ❏ General

12) Do you wish to be sent further bulletins about ICON products?
    ❏ Yes   ❏ No

THANK YOU FOR YOUR TIME

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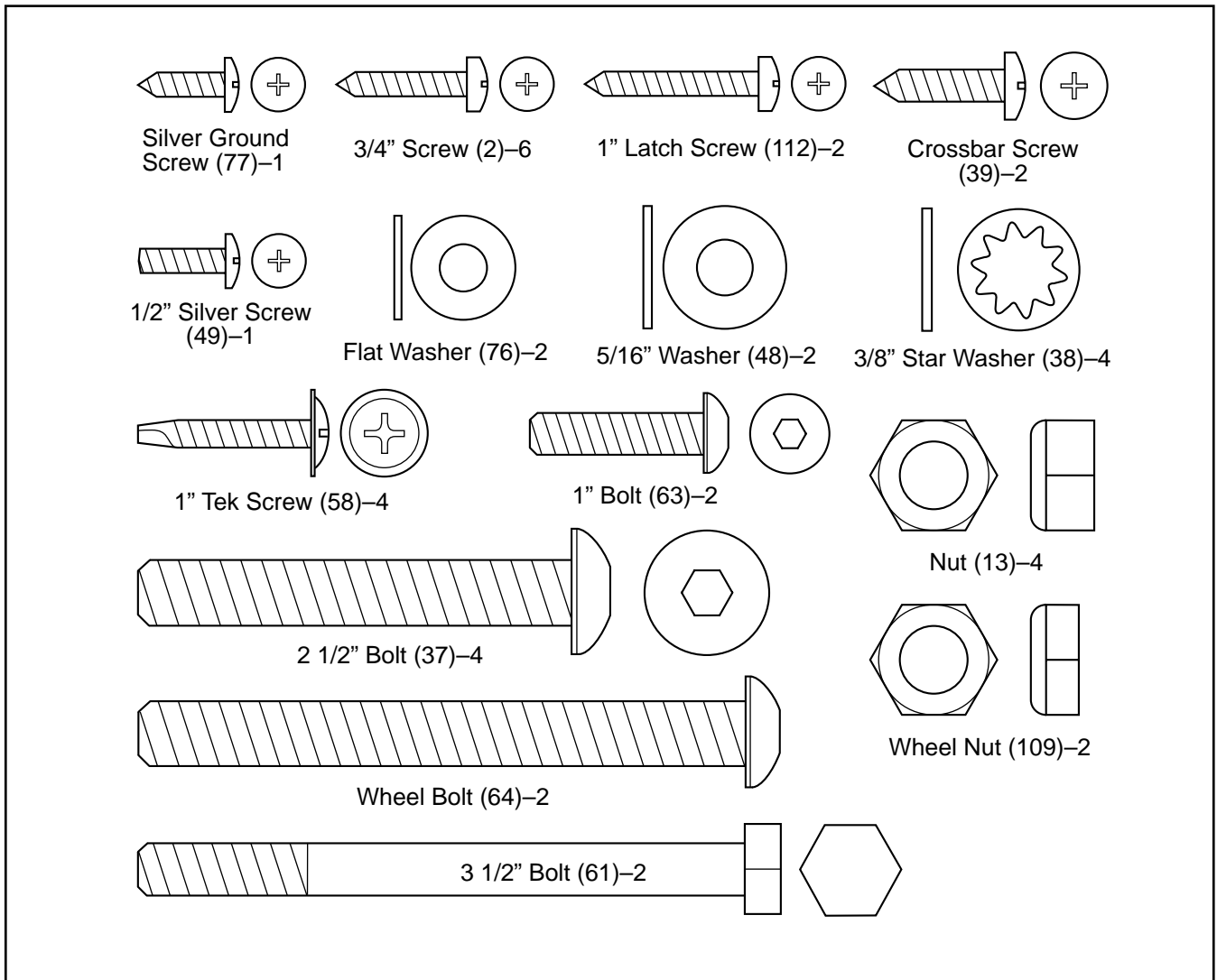

PART LIST—Model No. PCTL49820

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Hood	42	1	Wire Harness	85	2	Isolator Cushion
2	15	3/4" Screw	43	1	Console	86	1	Frame
3	1	Motor Belt	44	1	Wire Cover	87	4	Releasable Tie
4	1	Motor Tension Bolt	45	1	Incline Warning Decal	88	2	Clamp Screw
5	1	Flat Washer	46	1	Bookrack	89	2	Cable Tie Clamp
6	1	Motor Star Washer	47	1	Console Base	90	1	Ground Wire
7	1	Flywheel	48	2	5/16" Washer	91	1	Right Rear
8	1	Motor	49	1	1/2" Silver Screw			Endcap Pad
9*	1	Motor Assembly	50	1	Key/Clip	92	2	Rear Roller
10	1	Reed Switch	51	1	Incline Motor			Adjustable Bolt
11	1	Latch Warning Decal	52	1	Incline Bracket	93	1	Right Rear Endcap
12	2	Frame Spacer	53	1	Incline Motor Bolt	94	1	Allen Wrench
13	9	Nut	54	2	Clevis Pin	95	1	Left Rear Endcap
14	2	Frame Pivot Bolt	55	2	Cotter Pin	96	1	Walking Belt
15	4	Platform Screw	56	1	IFit.com Audio Cable	97	1	Walking Platform
16	1	Left Foot Rail	57	4	Base Pad	98	1	Right Foot Rail
17	1	Front Roller/Pulley	58	4	1" Tek Screw	99	1	Left Rear Endcap Pad
18	1	Magnet	59	1	Controller	100	1	Rear Roller
19	1	Motor Pivot Bolt	60	1	Lift Frame	101	2	Plastic Tie
20	2	Motor Bracket Bolt	61	4	3 1/2" Bolt	102	8	Rear Endcap Screw
21	1	Right Foot Rail	62	2	Warning Decal	103	1	Motor Mount Bracket
		Endcap	63	2	1" Bolt	104	1	Incline Motor Wire
22	2	Belly Pan Clip	64	2	Wheel Bolt	105	1	Motor Controller Wire
23	1	Front Roller	65	4	Base Endcap	106	2	Cage Nut
		Adjustment Bolt	66	2	Wheel	107	1	Latch Spacer
24	4	Plastic Stand-off	67	1	Warning Decal	108	1	Upper Incline Motor
25	1	Electronics Bracket	68	4	8" Cable Tie			Bolt
26	10	Electronics Screw	69	1	Base	109	2	Wheel Nut
27	1	Power Board	70	1	Grommet	110	1	IFit.com Jack
28	1	Motor Tension Nut	71	1	Left Handrail	111	2	Static Decal
29	1	Choke	72	1	Right Handrail	112	2	1" Latch Screw
30	1	Latch Knob	73	2	Upright	#	1	8" Blue Wire, 2F
31*	1	Latch Knob Assembly	74	1	Left Foot Rail Endcap	#	1	4" Blue Wire, 2F
32	1	Spring	75	2	Plastic Tie	#	1	4" Blue Wire, M/F
33	1	Latch Pin Collar	76	7	Flat Washer	#	1	4" White Wire, M/F
34	1	Latch Pin Clip	77	1	Silver Ground Screw	#	1	8" White Wire, 2F
35	1	Latch Pin	78	1	Circuit Breaker	#	1	8 " Red Wire, M/F
36	1	Storage Latch	79	1	Power Cord	#	1	8" Green Wire, 2 Ring
37	4	2 1/2" Bolt	80	1	Power Cord Grommet	#	1	User's Manual
38	4	3/8" Star Washer	81	1	Belly Pan			
39	2	Crossbar Screw	82	2	Belt Guide			
40	1	Crossbar	83	4	Belt Guide Screw			
41	1	5/32" Allen Wrench	84	4	Plastic Fastener			

* Includes all parts shown in the box
\# These parts are not illustrated

PART IDENTIFICATION CHART

Remove this chart and use it to identify small parts during assembly. Save this chart and the EXPLODED DRAWING/PART LIST for future reference.

Silver Ground Screw (77)–1

3/4" Screw (2)–6

1" Latch Screw (112)–2

Crossbar Screw (39)–2

1/2" Silver Screw (49)–1

Flat Washer (76)–2

5/16" Washer (48)–2

3/8" Star Washer (38)–4

1" Tek Screw (58)–4

1" Bolt (63)–2

Nut (13)–4

2 1/2" Bolt (37)–4

Wheel Nut (109)–2

Wheel Bolt (64)–2

3 1/2" Bolt (61)–2